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Only one hundred of the Cuban teachers that arrived Saturday can speak English. What a jolly time they will have at Cambridge this summer!

All roads of discussion lead to expansion with Boston's Edward Atkinson. At the recent meeting of the American Association for the Advancement of Science, this ingenious gentleman managed to remark that the great body of privates need to carry "thinking bayonets," and that it's as true as gospel that "when you scratch a jingo and it aint a pirate." And then, as is Edward's wont, he advertised his own seditions pamphlet.

A new house for President Eliot is a capital idea, and that the house be called Eliot House, in recognition of the thirty years of service which Harvard's present head has rendered his college, a most admirable suggestion. The present tendency to honor the living as well as the dead is worthy of all encouragement. It makes it seem worth while to serve one's fellowmen, and nicely refutes the wiseacre's lugubrious saw, "Call no man happy until he's dead."

Yes, thirteen is an unlucky number. That makes the thirteenth time Yale has beaten Harvard over that course in twenty matches! But then, if Captain Higginson hadn't had an accident, and if stroke Bradley hadn't succumbed to exhaustion, Harvard would have been the winner in the "varsity race" as well as in the other two. All of which is the same as saying that but for a few slip-ups Cambridge Thursday night would have been an unconquerable place for peacefully disposed citizens, which it wasn't at all except for the heat.

Forestry conventions are in order all over the country, and our people are gradually awakening to the importance of forest preservation. Many impracticable schemes are suggested entirely incompatible with private ownership of forest lands. If the Government owned all the forests, as is the case in parts of Europe, we might adopt European forestry rules and regulations. In a republic with individual ownerships such arbitrary laws could not be enacted. The most important work for the present generation is to devise means for preventing forest fires and the lawless acts of hunters, fishermen and others roaming the forests.

The sugar refineries are advancing the price of refined sugar, presumably on account of the immense demand for canning and preserving fruits. Last year the American people consumed 2,040,676 tons of refined sugar. For 17 years ending with 1899, the increase in consumption of sugar in this country was 106.7 per cent., an average of 6.24 per cent. per annum. The relative increase in the country's consumption was larger previous to 1887 than subsequently. If we except the abnormal gain of 1891. The increase in 1886 was 8.6 per cent., 1884 seven per cent., 1883 10.3 per cent. and 1881 6.8 per cent.

Captain McKay of the Ivernia may be said to offer expert testimony on the question of better harbor accommodations for Boston. "Give me three more feet under the keel of my ship and that's all I'll ask for," he remarked last week to some friends. "I cannot load the Ivernia to within three thousand tons of her carrying capacity on this her maiden trip from this port, on account of the lack of water in your channel. When I last sailed from New York I put her down thirty-two and one-half feet, while here I cannot go below thirty feet, which means a great loss in cargo." Boston's friends at court will please take notice.

The oldest ex-Confederate soldier is said to be now living in Alabama, at the venerable age of 105 years. He is also said to be the oldest man in the State. He must have been nearly or quite 70 years old when he entered the Confederate army, and was old enough to have known better. But as he enlisted for the Mexican army, and his company never got to the front, he may have expected a similar experience in the civil war. Many enlisted in the Union army who never expected to see any real fighting, but did see it, and real hard fighting, too. We remember when Secretary Seward said the war would be over in three months, but many thousands of lives were lost on both sides after the date he named.

We learn by the press dispatches that General Aguilado is trying to keep his forces in the field until after the election in the United States, in the hope that a party may come into power which will withdraw our troops from the Philippines and aid him to become chief dictator of those islands. Also that President Kruger is trying to struggle along against or keep out of the way of the British troops until the time when a new administration here will furnish him substantial aid in his rebellion against the English government. We remember in 1864, when the leaders of the Southern Confederacy encouraged their followers by the hope that after election a new administration would grant them independence, but we were not changing the administration just then. And we think it will be many days before we have an administration that will prefer war with England rather than with the Filipinos.

In riding through many of the older farming sections of New Hampshire and Vermont, especially the hill farms, we are inclined to attribute the present lack of prosperity, as compared with that of half a century ago, to two main causes. First, the lack of that sturdy help which was once exacted from the boys of that period, who practically worked for their board and coarse clothing, and second, from the lack of the virgin forest, that were the bank from which many a farmer drew a tidy sum in cash for his winter's work. Boys of the present generation hesitate to spend their youth on the farm at nominal wages. Many seek employment in the cities. Farm owners are dependent upon a much inferior class of help, who frequently demand more pay than they can earn. If the forest trees which once grew on many a rough New England farm were now standing, they would be worth double the present value of the farm and all the improvements thereon.

The export apple trade is an important factor in American commerce. One year, 1896-97, we exported from the United States and Canada 2,919,846 barrels. In seven other years since 1880 have the apple exports exceeded one million barrels a year.

For the season 1899 to 1900, the total exports of apples was 1,293,121 barrels. The first shipments of last year's crop were made in July and August, though the trade was at its height in October and November. A shipment of 248 barrels from Halifax was made to London as late as May 11 this year. During last season more apples were exported from New York than from any other port, followed by Halifax, Montreal, Boston, Portland and St. John in the order named. The exports from Boston showed a marked falling off, because many of the ocean steamers usually sailing from Boston were chartered by the British government as transports in the South African war, leaving Boston short of ocean tonnage.

There are others besides Mr. Bob who have suffered in their editorial experience from the atrocious chirography in which the modern college girl indulges. "Some day," this gentleman sagely observes, "our girls' college will wake up to the fact that for a girl to write an intelligent letter, properly punctuated, and in a handwriting which does not drive a man clear to profanity, is likely to be of more value than a gift to glibly decline a Latin verb." Still, it's only fair to add that college boys share with college girls this end of the century illegibility, even if Mr. Bob hasn't found it out.

The best comment we remember to have seen as to the feasibility of the much-balked Anglo-American alliance is that offered by Lord Justice FitzGibbons of the High Court of Appeal of Ireland. This gentleman, who has recently been "in our midst," concludes that the English nation and our own, however one in feeling, race and friendship, have widely different interests and institutions. Hence, to use the lord justice's metaphor, he believed that if the two nations were harnessed together they would not travel very far before, "if it became the interest of either animal to get his nose in front, the coach would be upset." All of which shows the lord justice to be wise as well as witty.

A philanthropic scheme which Boston might do well to adopt during a summer season which promises to be excessively warm is that which Lee H. Jones of Liverpool has carried out in his native town with very marked success. In 1897 Mr. Jones started out giving what are called court and alley concerts for the poor in the vicinity of their homes. The material equipment consists of a single platform with steps, a piano, a rope guard and two or three other articles, making one not large load. The occupants of tenements are shown up supply chairs for themselves. Singers and instrumentalists give their services, and the programme for each concert is so popular, yet of such a really good sort, that on each occasion between five and seven hundred people have voluntarily cleaned up their alleys and themselves to do it honor. It's an attractive method of giving cheer. Why shouldn't some Y. M. C. A. branch take it up here?

Admiral Dewey's wife has the reputation of making more mistakes of a nature to attract public censure than the wife of any other distinguished man. She has just bought an island at Chester Basin, a summer resort about forty miles from Halifax, Nova Scotia, and will have a summer residence erected on the island. Of course she has a right to spend her own money as she pleases, but how unfortunate that Admiral Dewey and his wife must seek a foreign country for a summer residence. To admit that no spot on our Atlantic coast from Newport News to Eastport affords attractions to our only Admiral and his ambitious wife is humiliating at least. Isn't the water just as salt and the breeze just as fresh on the coast of Maine as in the "Blue Nose" country? Isn't the American flag just as acceptable floating over the residence of our only Admiral in the land of his birth as the British flag floating over his English residence in Nova Scotia? This selection of a foreign seashore residence for an American admiral is in bad taste, to say the least.

War in China.
Much as every one must regret the outbreak of a fanatical religious and race war in China, we can scarcely be surprised by it if we look at the conditions calmly and without passion or prejudice. If the Chinese had sent their people to this country as missionaries to try to gain converts to the religion of Buddha, or to teach the wise sayings of Confucius, with especial instructions to try to gather in the children and youth, who are supposed to be more susceptible to teaching than the older, we should scarcely give them a cordial welcome. Even in enlightened, liberal and tolerant Boston, which endures it if does not embrace all sorts of "isms," the people would be likely to protest against this, and if the missionaries were not hanged on Boston Common, as once were the Q'ikens, they would be very likely to be banished, as were Roger Williams and Anne Hutchinson. If they should chance, here or elsewhere, to fall into the hands of a fanatical mob, such as used to listen to Dennis Kearny at the "sand lots," we fear that all the resources of our modern civilization would not be sufficient to save them from sudden and violent death. And those same mobs, unorganized and without a capable leader, were powerful enough to influence legislation, and cause the members of both Houses of Congress to enact what is known as the Chinese exclusion bill, a law which many claimed to be a direct violation of our treaty obligations with China, and which is a most unjust discrimination against a peaceful, industrious and frugal people, simply because of a difference in race, color and religion.

The difference in religion and color, however, is not the only charge which the Chinese mob who are in insurrection for the purpose of driving out the foreigners make against the Americans and Europeans among them. They have been establishing new methods of transportation and labor, and introducing new machinery and tools, whereby one man can perform the work which has heretofore employed ten men, at wages which if not very highly remunerative, at least afforded them the means of subsistence. This is likely to throw the other nine out of employment, and this means they must learn new trades or starve. It is from the ranks of the unemployed, or those who fear that they will become so, that have arisen the Boxers, so called, because in their desperation they are ready to go into battle unarmed, and fight with only the weapons the Lord gave them. We think we have heard of more than nears home than China who were rendered desperate, and destroyed both property and lives because of this same reason, the introduction of machinery to perform labor by which workmen had lived before, which they thought would place them out of employment.

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Again it is rumored that some of our missionaries to China have interfered with the civil government there, and have posed as advance agents of American capitalists. We do not believe in the justice of this charge, or if there have been such cases they are rare; and we appreciate the noble men and women who have left home and braved the dangers and discomforts of dwelling in a foreign land to spread the Christian religion, but we sometimes are inclined to feel that it would be better to wait until those people are more ready for it. Would it not be better to let it spread more slowly than to sacrifice the lives of our best men and women to plant the cross, and then have to uphold it with army and navy against the will of the people and the government of a foreign country?

Deeply as we regret the loss of life and destruction of foreign property in China thus far, we more strongly dread what the future may bring forth. Already the United States has felt it a necessity for the protection of its citizens to send a naval force to co-operate with the forces of European powers, and it may seem necessary to continue this indefinitely, and to increase our power there. To retain our peaceful relations to the Chinese Empire, against which these Boxers are in insurrection, and to maintain our trade relations with that great country and its 400,000,000 population, it may prove necessary for us to take possession of some of the ports of China. If we do not European powers seem to have determined to do so, and they may divide them among themselves, leaving the United States out in the cold. We have little faith in their leaving an "open door" for us, however earnestly they may promise to do so. The diplomatic definition of a promise seems to be "something that ought to be broken," and some of the European governments act as if they could not be too quick in violating the most sacred oaths when there is anything to be gained by doing so.

It would be far better for us if we could prevent the partition of China among the European powers, but this insurrection gives them a pretext of which they will not fail to take advantage, and we may better serve ourselves and China also by keeping some of her ports in our possession, rather than to allow them to become the possessions of European powers.

Again, we dread more foreign complications. We feel that we must retain our possessions in the Philippines, or allow them to be given up to anarchy and war between the native tribes, that may only end with the expulsion or destruction of the foreigners in Manila and other parts of the islands, and the subjugation or extermination of the least powerful tribes among the natives. We feel that we must keep our control over Cuba and Porto Rico, until we have given them good roads, good sanitary conditions and prosperity, and have taught them how to maintain all these by good government, for which they must fit themselves, if they are to be trusted, to form independent republics, able to support themselves against foes within and foes without. But we do not desire to take upon ourselves a similar responsibility in regard to China or any part of it. Let us hope that the need of so doing may not arise.

The White Man's Burden.
The reign of Queen Victoria has been a reign of peace, in so far as freedom from invasion of the British Isles is concerned, but some 40 wars, aside from a number of less serious revolts, have been carried to a conclusion by her subjects since the queen's coronation in 1837. A list of these wars is given by the *Nieuws van den Dag* (Amsterdam) as follows:

War against Russia, 1854.

Three wars against Afghanistan, 1838, 1849, 1878.

Four wars against China, 1841, 1849, 1856, 1860.

Two wars against the S'kha, 1845, 1848.

Three Kaffir wars, 1846, 1851, 1877.

Three wars against Burma, 1850, 1852, 1855.

Nine wars in India, 1857, 1860, 1862, 1864, 1868, 1870, 1890, 1897.

Three Ashanti wars, 1864, 1873, 1890.

One war against Abyssinia, 1877.

A war against Persia, 1852.

One war against the Zinga, 1878.

One war against the Basutos, 1879.

One war in Egypt, 1862.

Three wars in the Soudan, 1894, 1896, 1899.

A war in Zanzibar, 1890.

A war against the Matobale, 1894.

Two wars against the Transvaal, 1881, 1899. — Translation made for the Literary Digest.

Wanted—A Better Way.

If it is true that "the hand that rocks the cradle is the hand that moves the world," it would seem that the present generation of mothers could not be better occupied than in devising improved methods of celebrating our national holidays, and presenting such an attractive form to the young minds which are now moulding.

Tell within three weeks our own city is the year given over to a pandemonium of noise and confusion, which is extremely trying to those of strong nervous organization, and to those others who are weak and ill. Such as used to listen to Dennis Kearny at the "sand lots," we fear that all the resources of our modern civilization would not be sufficient to save them from sudden and violent death. And those same mobs, unorganized and without a capable leader, were powerful enough to influence legislation, and cause the members of both Houses of Congress to enact what is known as the Chinese exclusion bill, a law which many claimed to be a direct violation of our treaty obligations with China, and which is a most unjust discrimination against a peaceful, industrious and frugal people, simply because of a difference in race, color and religion.

Young America is very positive in his own opinions, and to merely forbid him the privilege of making the customary noise would be entirely without effect, as long as the means of so doing could be obtained. What is necessary is to so interest him in other modes of celebration that noise will no longer allure him. How this is to be done is a question of grave importance, which it is hoped will be solved in the not distant future. The *Floral Emblem Society* is said to have presented a plan at a recent meeting, and other thinkers are busily engaged upon the problem. The patriotic hierarchy societies might well devote some of their energies in the same direction.

Mothers of young children find themselves under extreme nervous tension on these days, because they fear accidents to their little ones, and the list of casualties is usually a long one. Extra precautions against fire are made by municipalities, and unusual police vigilance is necessary to prevent the destruction of property by the hoodlum element which is so much in evidence. On the whole, these days are, to the average adult, anything but joyous occasions, though they should be, and one feels relieved when they are over, and a whole year stretches ahead before the liability of another outbreak.

Processions and parades are an excellent

feature when properly conducted, but even here the hoodlum element may become offensive, if vigilance is not exercised as to who shall be allowed to participate. It is hardly possible that any radical reform in the matter of celebrating will take place at once. The change so devoutly hoped for must be brought about gradually, and by an improvement in the public taste. The better classes, to whom patriotism is more than mere confusion and bluster, can do much to forward the movement, and especially may mothers and teachers, by interesting their charges in better methods, help bring about the time when every American, old and young, will hail the coming of these national holidays as seasons of unalloyed enjoyment and patriotic refreshment.

Our New Prosperity.

An idea of the prosperity the nation is now enjoying may be gained from Mr. Ky Stannard Baker's new book, "The New Prosperity," into which he has gathered a host of figures and facts showing the tremendous increase in business in the United States in the past few years. Between 1897 and 1900 European banks of issue gained \$4,000,000 in gold, going from \$1,591,000,000 to \$1,595,000,000. In the same period the United States showed a gain from \$683,000,000 to \$1,016,000,000. The savings banks statistics showed that whereas the average individual deposit in 1894 was \$369, in 1899 it was \$419. It is interesting to note from Mr. Baker's figures how quickly the unusual prosperity of the country is reflected in the charitable gifts of the wealthy people of the land. For instance, in 1898, Americans gave \$23,984,900, in 1899 the total charitable gifts amounted to \$79,749,900. As it might be expected, the use of luxuries increased among Americans at a tremendous rapid rate along with the advance of good times. A curious instance of this is seen in Mr. Baker's investigation of the piano trade. He found that in the nine States of the Northwest more pianos were sold in six months of 1899 than during the entire previous six years. In the diamond trade he shows that 1897 brought \$2,000,000 worth of diamonds into the country, 1898 \$7,000,000, and in 1899 no less than \$12,175,500.

The general prosperity extends to some unexpected phenomena. For instance, owing to the larger business between the small buyers and the retail stores, the American people were using \$11,000,000 more of dimes, quarters, and half-dollars in September, 1899, than they were being used in September, 1898. The postal business is not behind in its rapid extension. For the year ending June 30, 1899, 7,000,000 more money orders were issued than in the year 1898, the increased amount coming to \$35,000,000, and the average amount per order has been increased from \$7 to \$7.40.

More curious still, reports from various States show that crime everywhere decreased. Take, for instance, the showing in the single State of Illinois. For the year ending Sept. 30, 1898, during the hard times, 927 convicts were sent to the State penitentiary. In the year ending Sept. 30, 1899, the number was only 506, or hardly more than half. The decrease, he declares, was unquestionably due to lessened idleness. The army of unemployed is no longer an army, and no longer unemployed; and there is in consequence less drunkenness and less tendency to crime. Prosperity also brings with it a feeling of hope, and it is now easier to earn a living than to steal it. — The Literary Digest.

Some Portraits of Daniel Webster.

BY BENJAMIN F. STEVENS.

When the Astor House, New York, was at the height of its prosperity, under the wonderful management of the late Charles A. Stetson, there hung in the gentlemen's parlor a portrait of our great American statesman. By whom it was painted or by whom presented to the hotel no one knows. It may have been, and probably was, the work of Healy, one of the greatest portrait painters of his day, and it is very likely was presented to Mr. Stetson by that enterprising Whirlwind, Philip Hone, Simeon Draper, Thurloe Weed, with whom our fellow citizen, the late Philo S. Sheldon, Esq., used to meet. The history of this portrait is quite interesting, as related to the writer of this article by Charles O. Billings, Esq., who in his talk told it to the late Eben D. Jordan, Esq., and through whose means it fell into the possession of the latter gentleman; and let me add to no worthless hands could it have fallen. It must have been painted nearly if not quite half a century ago, for although it bears the marks of age, it is a perfect, a most wonderful likeness of the "great expounder of the Constitution" in the prime of life.

When the contents of the Astor House fell under the hammer, this portrait was bought by a man named Hughes; by him it was sold to a man named Milligan, who kept a restaurant on Broadway. He intended to call his eating-house the Webster House, having the portrait hung in one of the rooms as an attraction. It looked soiled if not absolutely dirty when first seen by Mr. Billings some years ago, when taking a chop with a friend at "Milligan's." Years passed on, and on a second visit Mr. Billings purchased it

OUR HOMES.

The Workbox.

INFANT'S KNITTED SHIRT.

This is a simple and effective rala. Use about two skeins of Fleisher's A. A. Saxony yarn and No. 12 or 13 needles.

Cast on 80 stitches, knit 1 row plain. Next row—One plain, purl 1, alternately to end of row. Repeat this row for 2 inches, then knit 2 plain, purl 2, till you have a total length of 1½ inches. Bind off quite loosely. Work another piece the same. The close rib goes to the lower edge of shirt.

Shoulders—Cast on 14 stitches, and knit plain garter stitch for four inches. Sew shoulder pieces in place, stitch by stitch very softly.

For Neck—if you have 4 needles pick up the stitches all around, knit 1 plain round, then make eyelets by 2 plain, over, narrow, all round, then 4 rounds of ribbing and bind off. Make the second half neck same, and sew the little division together at back and front softly. Finish by soft ribbon tie. *Eva M. Niles.*

Teething.

The first teeth, also known as the milk teeth, are already forming at the time of birth, the process beginning sometime previous to birth. At this time they are very soft. Soon after birth, a process of hardening or "calcification" is instituted. This process does not, however, begin with all teeth or with all individuals, simultaneously. As soon as a tooth begins to calcify, it also begins to elongate, and as a result, there is a constant and increasing pressure upward against the gum, which latter in turn gets thinner and thinner, its nutrition being impaired so that it shrinks somewhat, until finally the new tooth appears through it.

As it averages, there is something of a system in the process of teething, the teeth coming through in groups, but there is also a wide latitude of variation within the bounds of health, so that unless there are morbid indications elsewhere in the system, one does not need to worry over many apparently abnormal things in teething as regards the time of their appearance. To illustrate, I will say that an infant may have already cut one or two teeth at birth, or on the other hand, the appearance of the first tooth may be delayed till the second year, neither of these conditions necessarily implying disease.

However, it is well to observe a child that is unusually slow in teething, and to enlist the physician's aid in detecting any possible abnormality, and in seeing that such child has the proper food for its individual needs and proper care other ways. Beginning in the centre in front in each jaw, and counting five teeth each way from the starting point, the jaws have lengthened enough to admit the first four teeth of the second or permanent set, in back of the temporary teeth.

At about six, therefore, we look for the appearance of these first four, which do not replace any of the milk teeth, room having been made for them behind by the lengthening of the jaws, as stated above. It is after this that the permanent teeth begin to replace those of the temporaries, and this substituting process continues up to the twelfth year as it averages.

The process of teething is not complete, however, until maturity, when the four wisdom teeth make their appearance. These teeth appear anywhere from eighteen to twenty-six years of age, and are, as a rule, more poorly organized than the other teeth, which statement in the light of modern teeth-decaying prophecies does not give wisdom teeth a very flattering prospect.

Portland Transcript.

Ice Cream with Variations.

Most families welcome a dessert of ice cream on a hot day, and once the habit of preparing it is established it is the easiest of deserts to make, and the varieties obtainable are endless.

The plain cream is liked by most people better than the cocked custard. To make it use three pints of cream to one pint of milk, and one and three-quarters cups of sugar. Seal the milk, melt the sugar in it, and when it is cool add the mixture to the cream. If vanilla is the flavor required add a table-spoon of the extract or of the powdered vanilla bean sugar; if lemon, a table-spoonful of the extract. For pistachio ice cream blanch and pound to a paste three-quarters of a cup of pistachio nuts and one-quarter of a cup of almonds. Any fruit may be used, such as strawberries, peaches, raspberries, pineapples, cherries, apricots and bananas, by mashing them thoroughly and adding them after the cream is partly frozen. For coffee flavor add a cup of strong black coffee to one and three-quarters cups of cream, omitting the milk in the foregoing rule.

Chocolate flavor may be obtained by melting two squares of chocolate and stirring it smooth in a little of the milk, and adding to the milk, cream and sugar.

Macarons, cocoanut oaks, brown bread, almonds and walnuts all make delicious changes. The macarons, cakes and bread should be dried, browned in the oven and rolled fine. About two cups of any one of them would be needed for the recipe given. Shredded pineapple chopped fine, or the fresh fruit grated, can be added the same as other fruits. With the fruit coffee or chocolate sweetening must be added to suit the taste, but it will seem remembered that the mixture must be sweeter before it is frozen than after. *N. Y. Tribune.*

Hints on Laundry Work.

Well-washed, fresh-looking and sweet-smelling clothes are the result of careful attention to small matters, and how much can be accomplished by a certain expenditure of thought and time in the preparation of the week's wash, and without expense, no one but a good housekeeper can tell.

Steeping the clothes in soft water (borax has the effect of softening the water and dissolving fat and starches) after they have been properly sorted the night before the wash is one of the most valuable steps. It saves time, labor, soap and wear of the material.

Soap is the next consideration in laundry work. Soap is a combination of alkali—soda, potash or ammonia—with fat, grease or oil. It is a harmless dirt remover, only when properly compounded. The quality and quantity of the alkali is an all-important point in the choice of soap. Too much alkali in its pure state injures the fabric and destroys the color of the clothes. There are two kinds of soap, hard and soft, and many varieties of the former. Hard soap is made of soda and fat, soft soap of potash and fat. Soft soap is never used in laundry work except in cleansing the much soiled garments of men employed in greasy or dirty work. The best hard soap con-

tains the least water, and for laundry purposes the best is the cheapest.

Proper rinsing and bluing are the next considerations. Improperly done, they are the cause of the yellow, soiled and streaky appearance of the clothes so often noticed.

Before bluing, which is resorted to to make clothes a better color, if every particle of soap be not well rinsed out, the result is seen in the iron-rust spots on the linens.

Starch follows as another important item in laundry work; its effect is two-fold. It gives a nice appearance to some clothes and it enables them to keep clean longer.

Starch is a vegetable product found in all plants in greater or less abundance. For laundry purposes it is obtained from rice, maize and wheat. The wheat starch is very stiff and should be used only on coarse materials. Indian corn or maize produces a starch that needs some glazing medium, or it makes a rough surface. Rice is nearly pure starch, and its pure quality makes it excellent for delicate materials.

Sugar is starch helps to give a gloss, and for stiffening laundry may be used by itself, like grain arable, which for this purpose is often employed. The quality of starch can be learned by mixing it with a little cold water. The best starch dries into a cake—the poorer qualities crumble. A little starch or soap is used in hot water to keep it from sticking. Turpentine is used in cold water starch for the same purpose, but must be sparingly applied for fear of odor.

Alum is used to render fabrics less inflammable. Thin muslins and cambrics finally rinsed with alum in the water become less likely to take fire, and this is a good precaution to take with children's garments.

American Queen.

Canary Bird's Food.

A great many canaries die of overeating.

A glutinous bird should be given a limited supply of food, and prevented from gorging himself, a practice which will in time bring on fatty degeneration of the heart, a disease which carries off a great many fine cage birds before their time.

It is a mistake fatal to the health of the bird to give it cake or any rich food. Seed and a little green food like fresh chickweed, lettuce or watercress are all that is desirable.

Change the water in the bird's cage twice a day at least in summer. Change the food, so there is no danger of the bird getting sour food. A canary should be kept in a room of even temperature. It is a foolish mistake which is fatal to the bird to imagine that it is better off outside of the cage. A bird that has been brought up in a cage and very likely was hatched in a cage is as helpless to take care of itself as a little child put adrift in the woods. Such birds fall victims to the sentiment of those who turn them out. *New York Tribune.*

When the College is Hurstful.

In an article in the Ladies' Home Journal entitled "When the College is Hurstful to a Girl," Dr. S. Wells Mitchell says among other things:

"If you want to see ill-dressed people the worst are women doctors, platform women, college professors (men), and the folks generally who are overevaluers of learning.

In the effort to dress the mind I pray you not to forget the body. I never saw a professional woman who had not lost some charm. There comes a little hardness, less thought as to how prettily to do or say things, affected plainness of dress; something goes. It seems to me a duty for men and women to seem as well as to be gracious in dress and manner. Are the women who have learned necessarily in peril of partial loss of what makes the social life agreeable? I do not know. American men are the worst dressed in the world, and I do not want to see our women fall away as to this because they are too intent on mere learning. As to all these matters I may be talking folly; I do think there are some such risks."

"And now as to your idle hours. Keep them sacred. Guard the seventh day as free from work. Cut off brain labor an hour before bedtime. Read verily them or a novel. I do always, and have read every endurable one you ever heard of, and many not worth reading at all. A fine brain clearer is a novel which captures attention, and almost as good as a cold bath to sweep out the thoughts of the day. If you work in summer let it be an hour or two after breakfast and no more."

"You ought to want to be reasonably learned, but you should as eagerly desire not to forget what makes life agreeable; nor should you fail to keep touch of practical aspects. Very learned folks run some risk of undervaluing what is outside of their own studies. This is what we mean when we say they are narrow minded. But the narrow who lose touch of the wide activities of life are uninteresting, and no one has a right to be uninteresting."

"For many women, as for men, the learning won at college goes for nothing. With a man it has been a mind training for life. For this class of women it is—shall I dare say it—useless. The freedom of college life is gone. Here are restrictions, simple duties. The result is, and I have seen it over and over, discontent. The man goes into a larger life; years narrows to home functions. This is what I so much fear."

"And here, too, comes in the wild craving for what girls call a career, and if these women do or do not marry, the result is the same—neglect of duty, ungratified ambitions, discontent; and so what was meant to make life fuller ends in lessening the sum of happiness. This is not always so; nor need it be. I am told that a smaller portion of college graduates marry than do women not so cultivated. If this be true there is something wrong; for surely the completeness of life for man or woman is in marriage. Is it that men do not like highly educated women? Or is it that these fail to attract, not from this cause, but owing to some of the other reasons I have mentioned? Is it not true that some college graduates are inclined to think of marriage as a thing beneath them? If so they have lost something of the naturalness of the true life."

Mr. Pettigrew—Yes, I can turn you to the testimony.

Mr. Pettigrew—I do not care to have the Senator turn to it. I simply want to emphasize the point. I agree with the Senator. It has always been my own impression that alum baking powder is injurious, but I wanted to bring it out and make it emphatic, if the proof sustains that position.

Mr. Mason—I quite agree with the Senator. It is claimed that there is not a country in Europe that does not prohibit the use of alum. Certainly three or four of the leading countries of Europe to which I have had my attention called prohibit the use of alum in baking powder.

Mr. Pettigrew—Did the chemists who came before the Committee, these professors, generally testify—was it the result of their evidence—that the cream of tartar baking powder is healthy and does not leave a residuum which is injurious to health?

Mr. Mason—Yes, I say emphatically, yes; that the weight of the evidence is, that whenever any of these distinguished men, who have a national reputation, the leading chemists of the college, were interrogated upon the point, they stated that fact, every one of them, to my recollection.

Domestic Hints.

CAVIARE CANAPE.

Mix two tablespoons each of olive oil and lemon juice, and a shake of cayenne with four tablespoons caviare paste, and beat it thoroughly. Spread it on thin buttered bread without crust, put together and cut into long strips.

FILLING FOR COCONUT TARTS.

Cook in top of double boiler, for about ten minutes, a cup of milk and a quarter of a pound of freshly grated coconut, then cool. Beat two eggs and a quarter of a cup of sugar until light and add a teaspoon of cracker flour to the cooled mixture and flavor with vanilla. Fill into small tart pans, lined with pie crust, and bake in a moderate oven.

PLAINTED WHITE FISH.

Clean, split and season a fish weighing about three pounds. Have ready an oak plank, about an inch thick, that is a little longer and wider than the fish. Thoroughly beat the plank, lay on the fish, skin side down, brush with melted butter and bake in a hot oven about twenty-five minutes. The fish may also be cooked under the flame in the gas range. When done brush with melted butter, garnish with parsley and lemon and strain and send to the table on the plank.

Alum Baking Powders in Gross.

Report: That Evidence of Their Harmfulness Is Overwhelming.

The committee on manufactures of the Senate were some time ago directed to investigate food adulterations, and accumulated a volume of testimony upon the subject from the best informed parties and highest scientific authorities in the country.

Starch follows as another important item in laundry work; its effect is two-fold. It gives a nice appearance to some clothes and it enables them to keep clean longer.

Starch is a vegetable product found in all plants in greater or less abundance. For laundry purposes it is obtained from rice, maize and wheat.

Hot water is over the starch, stir until thick and smooth and serve at once with wafers or thin short cakes.

Lobster à la Newburg.

The meat of a two-pound lobster cut in small pieces, and heated in a cream dish in two rounded tablespoons of butter. Sprinkle over it two rounded tablespoons of cream and one rounded tablespoon each of sherry and brandy. Beat one of two eggs, add one cup of cream, turn it over the lobster, stir until thick and smooth and serve at once with wafers or thin short cakes.

Hints to Housekeepers.

A good recipe for making beef tea is as follows: Take one pound of the round of beef, remove all fat and strip very fine. Cover with one pint of cold soft water and place it where it will slowly heat. It is best to allow it to stand for about an hour before beginning to heat. Stir occasionally until it reaches 165°, strain through a colander, and not through a fine strainer. If care is taken in the preparation, the tea may be served at once, but it is better to allow it to stand for some hours in the cold, to permit the grease to rise. This should be removed with a clean piece of blotting paper. In reheating, care should be taken never to let the temperature of the tea rise above 165°, as if it approaches boiling or passes the boiling point of alum, the flavor is lost. When given to the patient, as is often necessary, add three daily, the flavor of the tea should be varied by means of vegetables, bay leaves, etc., straining them out after the tea is heated.

Hot bread will eat as well as a stale loaf if the blade of the bread knife is heated. Hot bread is, by the way, better broken.

Screens of wicker have shelves and pockets for work or books, and big chairs of the same material have shelves on the outside, where the longer can collect his or her belongings to be reached without moving.

Chloroform rubbed on a mosquito bite will cause the pain and itching to disappear like magic, while the swelling will rapidly decrease.

A sprinkling of coarse salt on the sidewalks and driveways will destroy grass and weeds.

Brass tinsel can be kept bright by occasional rubbings with salt and vinegar.

A marble mantel, table or bureau is not the most convenient place in the world for drying ribbons, lace and gauzy handkerchiefs. After washing them thoroughly in a bath made of any fine soap and soft water, rinse thoroughly, and, without wringing them, lay them on the marble. Stretch the lace and linen with the fingers until all wrinkles disappear, and leave them until they are thoroughly dry. Stretch the ribbons straight, and then with a nail brush brush the width of the ribbon until creases and marks have gone. Then leave to dry. Hot water should not be used for rinsing or faces.

The hammock which is the most popular this year, and which people are already beginning to buy, is the padded hammock though that may not be the actual hammock for it. This hammock has many advantages. Across the centre are several strips of wood, which make it possible, by dropping one end and raising the other, to have a comfortable lounging chair. The hammock is very simply constructed, and is regulated by pulleys by the person occupying it. One convenience which many women will appreciate is the ease of getting in and out. To get in and out of an ordinary hammock with anything like grace is almost an impossibility. The hammock is strong, and is guaranteed to carry six hundred pounds.

Shredded potatoes and Saratoga potatoes. Both are prepared alike, the difference being in the mode of cutting, and for this reason they may be prepared together. Just before serving to eat, cut shredded potatoes into small lengths, in one-eighth inch slices, then cut these slices in one-eighth inch strips. The pieces should look like matches. For Saratoga potatoes cut very thin on a vegetable or a cutter. Let the potatoes stand in cold water an hour or more, drain, dry between towels and fry in deep, boiling fat, oil or lard until a dainty brown. A frying basket is very desirable for this purpose, although a skimmer and spoon will serve. When done, lift out, drain on brown paper and sprinkle with salt.

The Fashions.

"A new cycling skirt for cloth, as well as linen or cotton, has a deep yoke top, dipping front and back slightly, the bottom of it stitched, and a box-plaited blouse attached for any given length required. An Eton jacket is so shortened in front to show a white vest below, which springs over the top of the skirt around the waist, thereby showing the white line under this part of the back. A white linen collar of single linen, hemstitched, and a deep one it should be, finishes the neck. White hat and white gloves required."

"With evening costumes of black lace, net or other diaphanous fabric of black a dog collar of jet passementerie is a correct accompaniment. The expense varies with the method of cutting the jet paillettes or nailhead ornaments."

"Bell buckles vary in size from two to four inches, and the oval seems to be the favorite shape. Enamelled buckles are the latest cry of fashion, and their exquisite coloring and brilliant polish make them most desirable additions to a modest toilette. They are usually of silver, and the designs show tiny birds, horses, deer and other fancies from the animal kingdom, one may have flowers so perfect in form and tint that they almost seem to grow. At the back of the belt a small square may be worn, whose enamel scales may constantly acquire this ascendancy over the lower. A man may go a step further than the control of the lower nature by the higher, and he may begin to realize something of the creative power of thought, says Annie Besant. "This will imply more than the thought of the ordinary man of the world; if for instance he has studied the great writings of the Hindus he will there gain a definite, intellectual apprehension of the creative power of thought, but the moment he begins to realize that there is something behind his own mind, and that he can generate thought through the mind, then there must be something that generates, and that is hidden behind the mind producing these thoughts. The very fact that there is such a creative power of thought, that a man is able to influence and train his own mind and the minds of others by this creative power, is enough to show that there is something behind the mind, something which is as little separable from it, and something that will use the mind as its instrument."

"These conscious entities that sees the mind as its instrument is the spiritus man. To come thus into a clear and vivid recognition of the nature of life in the present, of the infinite powers that exist in a more or less latent state, and which constantly unfold and manifest themselves to a knowledge of his human nature is to realize that the secret of health is a man's mind, and that the secret of health is a man's mind, and that it is as, Mr. W. H. Murray, so truly says, 'a life of energy—the coming into conscious possession and use of the greater powers whose recognition and use determines the nature of the individual life.'—Boston Budget."

SCIENTIFIC.

"Particles of gold have been made so fine as to require weeks to fall through a short distance, although their weight would be fifteen thousand times greater. The photographing of condensed air waves that attest the flight of shot or shell will be remembered. In a similar effect, Professor Wood has photographed waves of sound, showing the alternate condensations and rarefactions of air. An electric flash, estimated at a millionth of a second, illuminates the source of the sound in this experiment.

"A Russian chemist has found that copper is dissolved by

